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FM BUMED WASHINGTON DC//00//
SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-19)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF
INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS
MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED
BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY
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ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED
WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT
HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.
2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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HEADLINE: Corpsman Honored for Saving State Trooper's Life
NAVHOSP Bremerton, WA (NSMN) -- HMCS Kenneth Mahler,
assigned to the Branch Medical Clinic, Keyport, WA, was honored
last month by the Washington State Patrol for his heroic actions
in saving the life of an injured State Patrol trooper.
In an award ceremony with around 100 persons in attendance,
Mahler was presented the Chief's Specialty Award -- presented to
persons who have given extremely special assistance or support to
the Washington State Patrol.
The assistance rendered by Mahler occurred 8 April, around
1315, when a Washington state trooper was seriously injured in a
head-on collision with a logging truck after the truck had
crossed over into the trooper's lane.
When Mahler arrived on the scene, he was able to locate a
radial pulse -- an earlier respondent to the accident had been
unable to detect a pulse. Having found a pulse, Mahler noted the
trooper was not breathing. He immediately performed a modified
jaw thrust maneuver to clear the trooper's tongue, which was
apparently obstructing his airway, and the trooper began
breathing spontaneously.
Mahler maintained contact with the trooper until the
paramedic crew arrived, then assisted them in extricating the

trooper from his car.

After Mahler received a standing ovation at the award ceremony, Washington State Patrol Chief Roger W. Bruett presented the award, saying, "Without Ken's help, the Washington State Patrol would have lost a trooper that day." The recovering trooper and his family were able to attend the ceremony and thank Mahler in person -- the best reward of all.

Story by ENS Kendra Scroggs, MSC

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HEADLINE: NMCL New Orleans Corpsmen Rescue Drowning Man

NMCL New Orleans LA (NSMN) -- HM2 Richard Mechtly and HM3 Wayne Wrobleski saved an unconscious man who was floating face down in the Mississippi river here on May 23.

They were riding bicycles along the levee of the Mississippi River when they spotted an elderly woman further up the levee, waving a fishing net over her head and shouting for help.

They jumped from their bikes and ran toward the river as the woman pointed and yelled, "He's in the river drowning."

Mechtly and Wrobleski rapidly descended the algae-covered embankment to the river bank, where they struggled to pull the man from the river. They immediately placed him on his side, and he began to cough water and breath shallow, rapid breaths.

Soon after Mechtly and Wrobleski had revived the man, emergency personnel arrived and took him to the hospital; Mechtly and Wrobleski accompanied the man's family to the hospital, where Mechtly was treated for a minor laceration.

"My training as a corpsman really helped," said Mechtly. "The things that I needed to do just popped into my head."

Neither of the young corpsmen had experienced anything like this before. "It was a scary experience," said Wrobleski. "I felt like I was walking on cloud nine when I realized he was going to be OK."

Scared or not, their actions brought credit to the Navy and the Navy Medical Department, and the Naval Medical Clinic New Orleans is proud to have them on its staff.

-USN-

HEADLINE: 50 Years Ago, We Were Standing By To Assist

BUMED Washington (NSMN) -- On D-Day, 6 June 1944, the Navy Medical Department was serving as it always has and always will -- alongside our Navy and Marine Corps shipmates who go in harm's way. From D-Day through July, Navy Medical folk distinguished themselves by earning numerous medals: -- 10 Navy Crosses; 5 Distinguished Service Medals; 66 Silver Star Medals; and 26 Legions of Merit.

The following two citations of Silver Star recipients, for actions on D-Day, exemplify the quality people who made up Navy medicine 50 years ago, who sustained the tradition of honor, excellence and sacrifice that is upheld yet today.

-- Silver Star Medal, awarded to Pharmacist's Mate Third Class Ernest Peter Verdon, USNR, "For conspicuous gallantry and intrepidity during the amphibious assault on the coast of France on 6 June 1944. Landing on the assigned beach on D-Day, Verdon

worked tirelessly and with complete disregard for his own personal safety in the face of continuous heavy enemy fire, skillfully carrying out his vital duties in his own sector and repeatedly going into areas beyond it to care for and evacuate the wounded until he was killed on one of these missions. Verdon's splendid initiative, heroic efforts and valiant spirit of self-sacrifice were in keeping with the highest traditions of the United States Naval Service. He gallantly gave his life for his country."

-- Silver Star Medal, awarded to Pharmacist's Mate First Class Abraham La Croix, USNR, "For conspicuous gallantry and intrepidity during the amphibious assault on the coast of France, 6 June 1944. In charge of the medical station on an important assault beach, La Croix supervised the handling of casualties skillfully and with complete disregard for his personal safety, voluntarily exposing himself repeatedly to heavy enemy fire and bringing the wounded to his post until he was killed on one of these missions. His splendid initiative, tireless efforts, and heroic spirit of self-sacrifice were in keeping with the highest traditions of the United States Naval Service. He gallantly gave his life for his country."

Records show that 1,128 Navy Medical Department personnel were killed in action during World War II and at least 3,031 were wounded in combat. Not included in the KIA list were 74 hospital corpsmen who died within 72 hours of being wounded and 153 officers and corpsmen who were captured by the Japanese and subsequently were killed or died while prisoners of war.

Medals earned by Navy Medical Department personnel during World War II included:

- Medal of Honor: 7
- Navy Cross: 77
- Distinguished Service Medal: 9
- Silver Star Medal: 359
- Legion of Merit: 124

The following Navy Medical Department personnel received the Navy Cross for actions in June 1944:

Navy Cross

- LTjg Frank M. Hall, MC, USNR, 6 June 1944, France
- PhM3c Thomas M. Gutowski, USNR, 15 June 1944, Fifth

Amphibious Corps, Saipan

- HALc Augustus B. McKee, USN, 6 June 1944, France
- PhM3c James E. Sherwood, USNR, 15 June - 7 July 1944,

Fourth MARDIV, Saipan.

- PhM3c Charles B. Stout, USN, 15 June - 31 July 1944, Fourth MARDIV, Marianas.

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HEADLINE: Words from the (Zagreb) Front

UNPROFOR Zagreb, Croatia (NSMN) -- LCDR Gail Regan, MSC, assigned to BUMED, is currently serving with the United Nations Protection Force in Zagreb. Following is an excerpt from a letter she sent the Surgeon General, dated 17 May 1994:

"On this day I am in Sector South with HM2 Brooks, a Preventive Medicine Technician (from the U.S. Hospital),

conducting an evaluation of the different water sources in the area around Gracac. In addition to this survey, we will be teaching personnel from JORBAT 3 how to properly chlorinate their water. It's a big job because of the language barrier. ...

"I am thrilled to be here in the capacity of Force Hygiene Officer. Working with the different contingents is extremely rewarding. I have made many new friends and, in the process, I have learned a lot about people, their culture, and their countries. Peacekeeping is an interesting business and, as you know, United States medicine is highly regarded by most people around the world. The soldiers in this UN mission are comforted knowing that if they get sick or injured they will be cared for by Americans. ... I enjoy tremendous credibility when I travel to the different sectors and consult on topics related to preventive medicine and hygiene. This is an experience I will treasure for the rest of my life!"

-USN-

HEADLINE: Navy Medical Department People in Special Operations
BUMED Washington (NSMN) -- Wherever the Navy or Marine Corps goes, so does the Navy Medical Department. Thirty percent of our personnel are normally assigned with deployable fleet and fleet marine forces units. Additional medical support is provided for operations such as Provide Promise. Here is the latest update on where our medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Sea Signal

Total medical/dental personnel: 454 (includes 386 BUMED augmentees)

USNS Comfort (T-AH 20): The hospital ship has one operating bed, 50 beds and has a medical/dental staff of 386.

USNS Comfort has been tasked with providing echelon II medical care and migrant medical screening in accordance with Public Health Service guidance. CAPT Charles Blankenship, MC, from NNMCMC Bethesda, commands the hospital ship's medical treatment facility. It is primarily staffed out of NNMCMC Bethesda and other facilities in the Healthcare Support Office (HSO) Norfolk region.

Operation Southern Watch

Total medical/dental personnel: 110 (includes eight BUMED augmentees)

USS Carl Vinson (CVN 70) Carrier Battle Group (CVBG): The CVBG has 79 ward beds, one operating room, eight intensive care beds, four quiet room beds, and has a medical/dental staff of 56.

In Country: Attached with the Administrative Support Unit Bahrain are six physicians, two dentists, three nurses, one Medical Service Corps (MSC) officer and 39 corpsmen. BUMED also provides one corpsman to augment the COMUSNAVCENT staff, which is located adjacent to ASU Bahrain.

Operation Provide Promise (The Former Yugoslavia)

Total medical/dental personnel: 254 (includes 181 BUMED augmentees)

USS Saratoga (CV 60) Carrier Battle Group (CVBG): The CVBG has 60 ward beds, one operating room, eight intensive care beds,

four quiet room beds and has a medical/dental staff of 73.

LCDR Gail Regan, MSC, from MED 24. is located at Camp Pleso, Zagreb, Croatia, and is acting as the Force Hygiene Officer for the UNPROFOR located in country.

180 personnel assigned to Fleet Hospital 6 staff the U.S. Fleet Hospital located at Camp Pleso. These personnel were taken from Navy Medical commands located throughout the HSO San Diego region.

Operation Joint Task Force Full Accounting

Navy physicians and independent duty corpsmen are supporting this operation by volunteering to serve tours ranging from just under two weeks to two months. Naval Hospital Camp Pendleton is providing an IDC to augment a mission that is currently in country. Six of the nine missions to Southeast Asia identified for FY94 have been completed.

Operation Continue Hope

USS Peleliu (LHA 5) Amphibious Ready Group (ARG): The ARG has 70 ward beds, six operating rooms, seven quiet room beds, 460 overflow beds, 17 intensive care beds and has a medical/dental staff of 121.

Exercise Support

Individuals and components of mobile medical augmentation readiness teams (MMARTs) support various exercises/operations as required, bolstering the "organic" medical assets of the units involved.

Surgical Team 4 (minus): 14 people -- three physicians, two nurses, one MSC and eight corpsmen from National Naval Medical Center Bethesda, MD, are providing MMART surgical team coverage for Operation Support Democracy (Haiti).

Fleet Surgical Teams are also deployed to provide additional medical support where needed, as directed by the CINCs.

Miscellaneous OCONUS and Fleet Support

Providing TAD (temporary additional duty) support to 13 fleet platforms and six OCONUS facilities are 24 Navy Medical Department personnel: eight physicians, six nurses, four MSCs, and six hospital corpsmen.

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HEADLINE: Grand Round Abstracts

NAVHOSP Orlando, FL (NSMN) -- Naval Hospital Orlando hosted a 5K Fun Run on 7 May 94 that attracted over 200 runners. The hospital was able to raise more than \$1,100 for Navy-Marine Corps Relief and at the same time educate participants and their families. While runners were busy, family members and spectators were treated to a Fitness Fair sponsored by the hospital's Wellness Clinic. Displays and demonstrations covered body building, step aerobics, muscle sculpting, bulldog karate and children's storytelling by clowns. Informational booth topics included the Alcohol Rehabilitation Center, Annheiser Busch "Responsible Drinking," Eco-Systems, AIDs Research and more. More than 500 people participated in the event. Special thanks to the Wellness Clinic for enhancing the Naval families health through wellness education and training.

Story by LT Martha L. Dasch, MSC

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NMC Portsmouth, VA (NSMN) -- The Portsmouth Special Olympics program got a Navy and Marine Corps boost in the Naval Medical Center Portsmouth's First Admiral's Challenge Special Olympics Basketball Tournament.

More than 40 Navy and Marine Corps volunteers helped make it possible for 130 athletes, ranging in age from 8 to 73, to play 42 games of basketball in the 4-1/2 hour tournament.

Reprinted from Navy Times, 16 May 1994

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HEADLINE: HEALTHWATCH: Sun Sense -- Part 1

NAVHOSP Charleston, SC (NSMN) -- When we think of protecting our skin from the sun, a vision of summertime on the beach usually comes to mind. But all year round, in everyday activities from walking to gardening to waiting for the bus, our bodies are "soaking up rays," and we need to protect our skin. An estimated 80 percent of our lifetime sun exposure happens incidentally while doing errands, chatting over the fence or doing other day-to-day outdoor activities.

Skin cancer has become one of the most common types of cancer in the United States. And, nine times out of 10, it's caused by too much exposure to the sun. Sun exposure may be becoming even more hazardous with the depletion of the ozone layer, which shields the earth from high levels of the sun's ultraviolet (UV) light.

SUBHEAD: Protect Yourself

Shielding your skin from the harmful rays of the sun isn't difficult.

-- Watch how much sun you get. Be most careful between 1000 and 1500, when the sun's rays are at their strongest. It's also important to be careful on overcast days -- up to 85 percent of the sun's UV rays can penetrate the clouds.

-- Use sunscreen, even in the winter. Apply it 30 to 40 minutes before you are going out. Experts recommend a sun protective factor (SPF) of 15 or more.

-- "Waterproof" sunscreens should maintain their degree of sun protection after 80 minutes in the water. Some claim to be sweatproof, rubproof and effective for up to six hours, but it's best to reapply any sunscreen after two to three hours just to be safe.

-- Wear a hat to protect your face and head. Keep your arms and legs covered when possible.

-- Be especially careful about sun exposure if you take medications like Tetracycline, antihistamines, "sulfa" drugs, diuretics and some oral contraceptives. The combination of some drugs and sunlight can decrease the time needed to produce sunburn.

-- Protect your children, including infants, using the same steps you take to protect your own skin. Many skin experts say that a history of serious sunburns in childhood may be more important to skin cancer development than total lifetime

exposure.

SUBHEAD: Know What to Look For

When discovered early, all skin cancers are treatable and most are curable. Self exams are an important part of early detection. Every month, examine spots, moles and blemishes on your body. Keep the ABCD Rule in mind to help you recognize potential problem spots. If a mole or pigmented spot has the ABCD combination of symptoms, see your doctor at once.

A -- Asymmetrical. One half of the mole does not match the other half.

B -- Border is irregular. Edges of the mole are ragged, notched or blurred.

C -- Color. The mole's pigmentation is uneven or changes. Shades of tan, brown and black are present. Blue, white and red may also appear.

D -- Diameter is greater than six millimeters, or about the size of a pencil eraser.

Reprinted from The Southern Starship, May 1994

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HEADLINE: HEALTHWATCH: Sun Sense -- Part 2

AMA Chicago (NSMN) -- Last month, physicians issued their strongest warning for parents that children are in great danger from exposure to the sun's ultraviolet rays.

This warning follows the creation of an Ultraviolet (UV) Index to forecast the local UV radiation exposure daily. The index was developed by the Environmental Protection Agency (EPA) and the National Weather Service.

The American Medical Association, the American Academy of Pediatrics, the American Academy of Dermatology and the American Society of Plastic and Reconstructive Surgeons issued skin cancer prevention guidelines to educate parents and children about the harmful effects of ultraviolet rays.

"Children spend about three times as much time in the sun as adults," said Marge Hogan, MD, fellow of the American Academy of Pediatrics. "The object is to teach children and their parents to avoid excessive sun exposure and start protecting them during infancy."

"At least one out of every six children will develop skin cancer during their lifetime," said William E. Jacott, MD, a family physician and vice chair of the AMA's board of trustees. "Before the age of 20, people are exposed to 80 percent of their dangerous lifetime ultraviolet radiation. If we begin early to educate and protect our children, we can reduce the incidence of skin cancer by 78 percent."

The "Save Our Skin" cancer prevention guidelines for children and parents are:

-- Keep infants out of the sun, especially babies under six months of age.

-- Avoid being in the sun between 10 a.m. and 3 p.m.

-- Use a sunscreen. Purchase a sunscreen with a sun protection factor (SPF) rating of at least 15 and make sure it's perspiration and water resistant. For children six months or

younger, consult your pediatrician or family physician. If your child is sensitive to Paba, an ingredient often found in sunscreens, look for Paba-free products. Sunscreen should be reapplied every two hours or after being in the water.

-- Protect your child from the sun. Make sure your newborn's carriage has a hood attachment. For infants and toddlers, use a canopy stroller or buy an umbrella. A hat with a wide brim can help shield young children from harmful rays. Light colored clothing also helps reflect the sun.

-- Beware of reflected light and cloudy days. Merely sitting in the shade is no guarantee of protection, especially around water. As much as 80 percent of the sun's radiation makes it through the clouds, meaning you can get burned on cloudy days too.

-- Don't mix sun with certain medications. Certain medications, such as Tetracycline, can cause a reaction when you go out into the sun, so consult your physician.

-- Have your child wear safe sunglasses. Sunglasses protect the eyes from UV rays, possibly preventing or delaying eye problems later in life. Read the label on the sunglasses and make sure that the lenses absorb 100 percent of both UVA and UVB light.

-- Examine skin regularly. Early detection is critical. Keep an eye out for unusual growths, itchy patches, sores that won't heal, changes in moles or colored areas.

-- Avoid tanning parlors. Commercial tanning parlors can be hazardous and unsafe.

-- Set a good example for your child. The same rules about protection apply to adults too. Use (and protect) your head when you're in the sun.

According to the American Academy of Dermatology, sunscreen should be applied generously and reapplied several times a day for maximum benefit, especially if a child goes swimming or is in the water. Sunscreen works by shielding the skin from the ultraviolet rays of the sun.

"Most parents don't realize that regular use of a sunscreen with an SPF of 15 or higher can greatly reduce the incidence of skin cancer," said Peyton E. Weary, MD, president of the American Academy of Dermatology. "There are over 700,000 new cases of skin cancer each year, and most of these are preventable."

"Don't forget to cover a child's sensitive areas, such as ears, scalp, neck and nose. A product made especially for lips should also be used," added William B. Riley Jr., MD, president-elect of the American Society of Plastic and Reconstructive Surgeons. "This should be done at least 30 minutes before going outside, so that skin has time to absorb it. A bad sunburn is serious because it doubles the risk of melanoma."

"Some people are more susceptible to skin cancer than others," said Jacott. "People with fair skin, people with freckles, people with light eyes -- all of these genetic characteristics are considered risk factors for skin cancer. Latinos, African-Americans and darker-skinned Caucasians should also protect themselves from the sun."

If a child gets a sunburn, a mild lubricating cream or

cortisone cream should be applied to relieve the discomfort, according to Hogan. "You can ease the pain of less severe burns and redness with a towel soaked in cool water. However, if a child gets a severe sunburn accompanied by pain, nausea and chills, you should call your physician immediately," she said.

In 1993, an estimated 9,100 people died from skin cancer. The most serious skin cancer is melanoma, which was diagnosed in about 32,000 people in 1993.

(To receive a free copy of the "Save Our Skin" guidelines, parents should write to the American Medical Association, "Save Our Skin" Guidelines, 515 N. State St., Chicago, IL 60610.)

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HEADLINE: CORRECTION/ADDITION: USNS Comfort (T-AH 20)

BUMED Washington (NSMN) -- Last week's lead story (940140) listed an incorrect hull number for USNS Comfort. Its correct hull number is T-AH 20.

About 400 Navy medical and support personnel have departed for the hospital ship from naval facilities along the East Coast, including more than 250 from National Naval Medical Center Bethesda, MD. The medical treatment facility aboard the hospital ship is under the command of CAPT Charles Blankenship, MC. The ship is operated by more than 70 civilian mariners employed by the Navy's Military Sealift Command.

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3. Two-month calendar of events and observances:

JUNE

Fireworks Safety Month (sponsored by Prevent Blindness America; call 1-800-331-2020 for more information)

National Hernia Month (1-800-322-BARD; in MA, 1-800-845-8852)

National Scleroderma Awareness Month (1-800-722-HOPE)

5-11 June: National Safety Week (708/692-4121, x18)

5-12 June: Safe Boating Week

6 June: E-7 Board Convenes

6 June 1944: D-Day -- Allied forces launch invasion of Normandy in northern France

7 June: National Health Care Recruiter Recognition Day

7 June: VOTE! Alabama, California, Iowa, Mississippi, Montana, New Jersey, New Mexico and South Dakota Primaries

8 June: BUPERS Night Detailing until 2200 ET

9 June: Senior Citizens Day

13 June: Reserve O-4 MC Board Convenes

13 June: O-4 MC, DC, NC, MSC Boards Convene

14 June: VOTE! Maine, North Dakota, South Carolina and Virginia Primaries

14 June: Flag Day

17 June 1898: Navy Hospital Corpsman Birthday

19 June 1964: Civil Rights Bill passed

19 June: Father's Day

21 June: First Day of Summer

22 June: BUPERS Night Detailing until 2200 ET

22 June 1944: First GI Bill of Rights signed

28 June: VOTE! Utah Primary
28 June 1894: Labor Day established
30 June: E-4 Evaluations Due
30 June: Leap Second -- To bring the coordinated universal time (UTC) system into better agreement with the rotating earth, a leap second will be introduced on 30 June 94. The leap second will necessitate retarding all UTC clocks by one second. To do this, 30 June 1994, 2359 and 60 seconds will be followed after one second by 1 July 1994, 0000 and 0 seconds.

JULY

Hemochromatosis Screening Awareness Month (518/489-0972)
Safety Awareness Month
2 July: Voting Rights Act of 1964 signed into law by LBJ
4 July: Independence Day
11 July: Reserve E-7 Board Convenes
14 July 1789: Bastille stormed
19 July: VOTE! Georgia Primary
19-25 July: Lead Poison Control Week (201/926-7575)
20 July 1969: Neil Armstrong first man to walk on moon
25 July 1944: Allies break out of Normandy beachhead
27 July 1789: U.S. State Department established
31 July: O-6, O-7 and O-8 FitReps (Active and Reserve) Due
-USN-

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